

# HAVACHAT

Issue October 2019

Please contact Andrew on 5461 7387 or email [andrew.earl@havilah.org.au](mailto:andrew.earl@havilah.org.au) if you would like your Havachat sent via email

HAVILAH WEBSITE: [www.havilah.org.au](http://www.havilah.org.au)



**THE 24th ANNUAL GENERAL MEETING**  
Thursday October 10th  
8.00pm  
Rooms 1-2 High School Centre, Raglan Street,  
Maryborough.



**ALL INTERESTED PERSONS ARE INVITED AND VERY WELCOME TO ATTEND**



Heath House residents spent a pleasant sunny spring afternoon out on the rinks playing lawn bowls. Everyone enjoyed the activity and the sunshine.



**Resident Meeting - Monday 7th October 2019 at 1.15pm in Callistemon Activities Room.  
Resident Meeting Heath House - 14th October 2019 at 2pm in Heath House.**

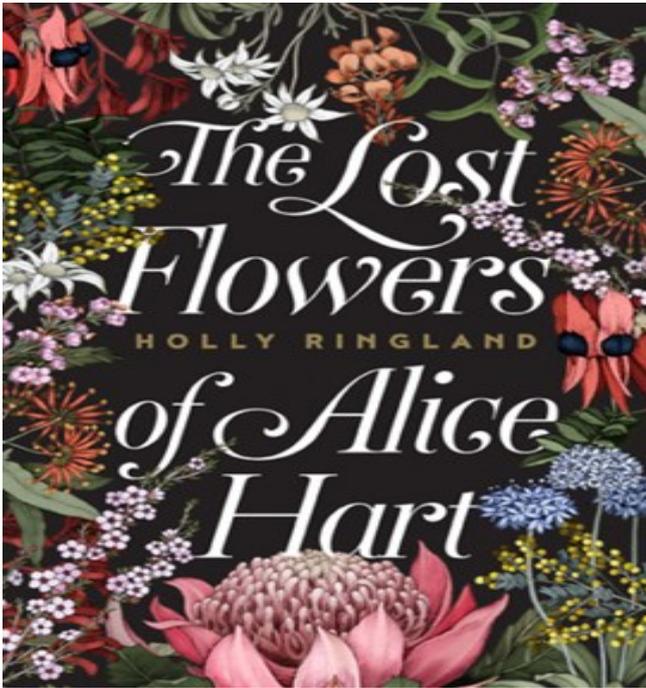
THESE MEETINGS ARE FORUMS FOR YOUR IDEAS AND NEW INITIATIVES—WE WELCOME YOUR INPUT

## PHOTO GALLERY



Early September Havilah had a visit from the company called Puppets Alive. The show was well received by residents who attended the hour long performance. The puppeteer had the residents in stitches of laughter with the antics of the puppets that performed.





An enchanting novel of 2018, this is an irresistible, deeply moving and romantic story of a young girl, daughter of an abusive father, who has to learn the hard way that she can break the patterns of the past, live on her own terms and find her own strength.

After her family suffers a tragedy when she is nine years old, Alice Hart is forced to leave her idyllic seaside home. She is taken in by her estranged grandmother, June, a flower farmer who raises Alice on the language of Australian native flowers, a way to say the things that are too hard to speak. But Alice also learns that there are secrets within secrets about her past. Under the watchful eye of June and The Flowers, women who run the farm, Alice grows up. But an unexpected betrayal sends her reeling, and she flees to the dramatically beautiful central Australian desert. Alice thinks she has found solace, until she falls in love with Dylan, a charismatic and ultimately dangerous man.

The Lost Flowers of Alice Hart is a story about stories: those we inherit, those we select to define us, and those we decide to hide. It is a novel about the secrets we keep and how they haunt us, and the stories we tell ourselves in order to survive. Spanning twenty years, set between the lush sugar cane fields by the sea, a native Australian flower farm, and a celestial crater in the central desert, Alice must go on a journey to discover that the most powerful story she will ever possess is her own.



### WEIRD and WONDERFUL WORDS

**SCRIPPAGE** - one's baggage and personal belongings.

### Auto Lock Down:

Due to the change of seasons and day light savings coming into effect as of Sunday 6th October @ 2.00am and bringing longer days, auto lock down has moved to **7pm**.



### Signing In and Out

We ask that all residents and their families please complete the details in the Sign Out Book when leaving Havilah and when returning.

## GREAT THINGS TO DO



### Happy Hour Every Friday evening

Commencing at 4.30pm, Music, Finger Food, Hot & Cold Beverage, Ice-creams and Ice-cream in Cones.



**Bus Trip Out** - Monday and Friday afternoon, Wednesday afternoon for Heath residents, departing at 1.30pm for lots of fun points of interest throughout Central Victoria.

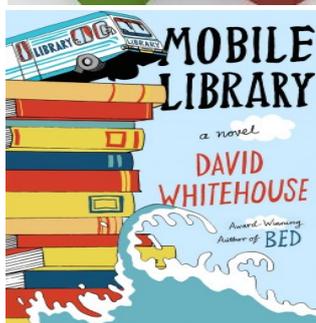
If you have an idea or suggestion for an outing, just let Lifestyle Staff know and we will do our best to arrange the outing for you.



### Resident/Advocate Meetings

Next meeting Monday 7th October 2019 at 1.15 pm

Heath House Monday 14th October 2019 at 2pm



### Mobile Library - October and November Dates:

October: 11th and 25th

November: 8th and 22nd

Commencing: **10.15 am**

Grevillea Atrium

Books Movies, Music CD's and Talking books are available  
If you are not currently a member you can join on the day.



### Church Services

**UNITING CHURCH** - 1st Tuesday each Month 10.30am

**SALVATION ARMY** - 2nd Wednesday each Month 10.30am

**WATTLE CITY CHURCH** - 3rd Wednesday each month 10.30pm

**CATHOLIC CHURCH** - 4th Wednesday each Month 10.30am

**ANGLICAN CHURCH** - 4th Tuesday each Month 10.30am

All church services are held in the Activities area behind the bird stained glass window.



### HAVILAH KIOSK

**Kiosk Hours: 10am—12noon every Thursday**

The kiosk is situated in Acacia House next to the Hairdressing salon. Our volunteer staff will be happy to help you.

Don't forget to check your Activities Calendar located on the back of your door for other daily activities

## WEEKLY ACTIVITIES - MAIN BUILDING

**MONDAY** Nail Manicure Pamper 9.30am  
Foot Spa 9.30am  
Bus Trip 1.30pm  
Bingo 1.45pm

**TUESDAY** Special Morning Tea 10am  
Chairobics 11.15am  
Marbowls 1.30pm  
Street Walk 1.30pm  
Bingo 1.45pm  
Afternoon Cards 3.15pm

**WEDNESDAY**  
Strength Training 11.15am  
Indoor Bowls 1.30pm  
Movie Afternoon 1.30pm  
Bus Trip (Heath House) 1.30pm  
Cooking classes 3.15pm

**THURSDAY** Foot Spa 9.30am  
Bingo 1.45pm  
Craft Group 3.15pm  
Music DVD 3.15pm

**FRIDAY**  
Chairobics 11.15am  
Bus Trip 1.30pm  
Bingo 1.45pm  
Video in Lounge 3.15pm  
**HAPPY HOUR**  
4.30 pm– 5.30pm

**SATURDAY** Morning Activities 9.30am  
Special Bingo 1.30pm

**SUNDAY** Devonshire Afternoon Tea in  
Main Lounge 3.00pm



## WEEKLY ACTIVITIES - HEATH HOUSE

**MONDAY** Activity Time/Craft 10.30am  
Hand Care/Facials 1.30pm  
Sonas 4.00pm  
Activity Time 6-7.30pm

**TUESDAY** Special Morning Tea 10.00am  
Activity Time 10.30am  
One on One 2.15pm  
Daily Living Activity 3.00pm  
Sonas 4.00pm  
Activity Time 6-7.30pm

**WEDNESDAY**  
Organ Music 10.00am  
Bus Trip or Movie 1.30pm  
Guitar Music 2.00pm  
Activity Time 3.00pm & 6.00pm  
Sonas 4.00pm  
Activity Time 6-7.30pm

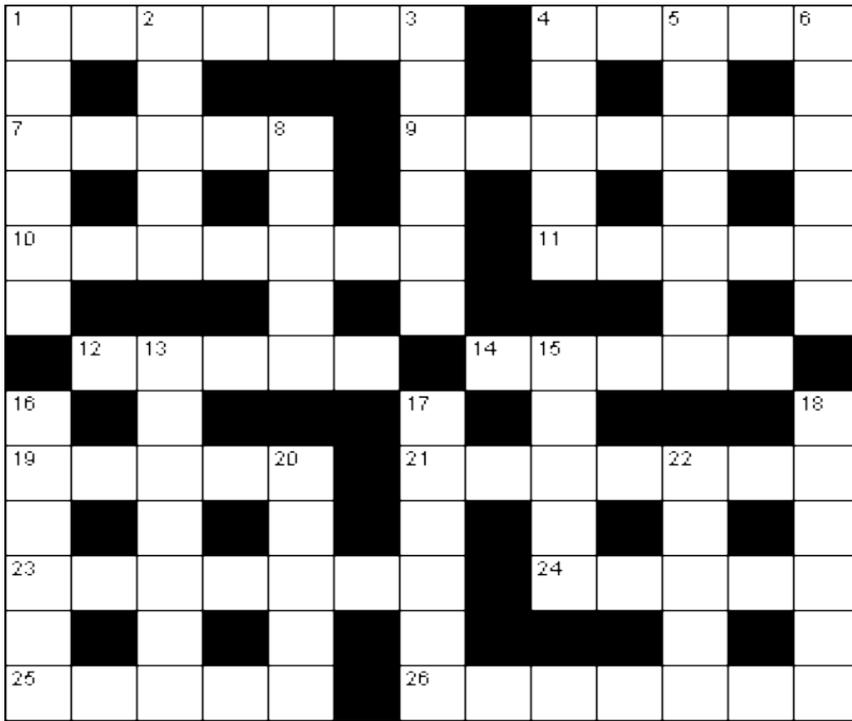
**THURSDAY** Activity Time 10.30am,  
Cooking 1.30pm  
Activity Hour 3.00pm  
Sonas 4.00pm  
Activity Time 6-7.30pm

**FRIDAY** Activity Time 10.30am,  
Group Games 1.45pm  
Activity Hour 3.00pm  
Sonas 4.00pm  
Happy Hour 4.30pm  
Activity Time 6-7.30pm

**SATURDAY** Activity Time 10.30am,  
1.30pm & 6.00pm  
Delta Dogs (2nd & 3rd Sat)  
1.30pm  
Café 3.00pm  
Sonas 4.00pm  
Activity Time 6-7.30pm

**SUNDAY** Activity Time 10.30am,  
1.30pm & 6.00pm  
Devonshire Afternoon Tea  
3.00pm  
Sonas 4.00pm

**The Hav-a-Latte Café is open between 1.30pm and 3.00pm for residents, family and friends. Just ask for Lifestyle Staff and they will come and attend you.**



**Across:**

1. Mode (7)
4. Pole tossed in the highlands (5)
7. Relating to the moon (5)
9. Diplomatic (7)
10. Aromatic herb (7)
11. Cove (5)
12. Main artery (5)
14. Sturdy (5)
19. Relinquish (5)
21. Burrowing rodent (7)
23. Four-sided parallelogram (7)
24. Stories (5)
25. Abated (5)
26. Despised (7)

**Down:**

1. Bird of prey (6)
2. Meaning (5)
3. Country (6)
4. Desert plants (5)
5. Perplexed (7)
6. Connect (6)
8. Respond (5)
13. Forbidding (7)
15. Let in (5)
16. Veer (6)
17. Dissertation (6)
18. Rubbed out (6)
19. Flowed back (5)
20. 22. Claw (5)

036

WORD SEARCH - Inventors

R	N	I	C	N	I	V	A	D	O	D	R	A	N	O	E	L	N	B
M	S	N	S	N	O	S	N	E	H	P	E	T	S	L	E	V	O	T
L	E	H	V	I	V	L	X	N	V	P	T	T	K	M	V	V	B	U
N	C	L	L	R	N	I	C	B	Z	I	I	K	S	E	D	X	E	L
I	H	V	V	T	D	G	V	N	V	P	M	R	V	O	V	B	L	L
B	J	I	P	N	A	W	E	S	T	I	N	G	H	O	U	S	E	A
P	T	P	E	O	R	R	V	R	V	B	H	Z	A	T	D	L	V	V
E	B	B	B	E	N	Z	B	T	H	G	I	R	W	T	R	A	C	S
D	M	E	O	J	O	V	U	D	D	I	E	S	E	L	F	I	E	F
F	A	B	L	E	C	B	R	R	E	S	A	D	M	O	E	D	O	R
U	M	I	V	L	M	O	R	S	E	S	I	P	R	G	E	D	J	A
L	C	A	M	J	N	V	O	M	N	S	E	D	U	M	A	W	V	N
T	T	B	R	L	V	N	U	Q	O	E	Q	V	I	L	A	H	V	K
O	R	M	V	C	E	P	G	N	V	C	S	H	E	T	L	O	U	L
N	L	H	T	J	O	R	H	E	Y	B	C	N	T	R	K	M	V	I
J	V	L	M	J	A	N	S	L	L	R	J	J	U	O	S	R	A	N
G	O	E	R	J	X	C	I	H	A	M	M	O	O	B	T	K	R	N
C	T	M	C	E	N	O	T	P	M	O	R	C	R	L	H	T	Y	E
P	P	O	L	N	U	D	V	N	O	S	R	E	F	F	E	J	M	D

**Find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards:**

ARCHIMEDES, BELL, BENDIX, BENZ, BUNSEN, BURROUGHS, CARTWRIGHT, COLT CROMPTON, DAIMLER, DE SEVERSKY, DIESEL, DUNLOP, EDISON, FORD, FRANKLIN, FULTON, JEFFERSON, LEONARDO DA VINCI, MARCONI, MORSE, NOBEL, PULLMAN, SINGER, STEPHENSON, TULL, WATT, WESTINGHOUSE.

QUIZ

1. In which year did Douglas Mawson lead Australia's expedition to the Antarctic?
2. Who was the first Prime Minister to broadcast on radio?
3. What were the Commonwealth Games originally called?

## Length of time at Havilah:

I have resided here at Havilah as a permanent resident 6 months

## My Story:

I was born in Maryborough on the 5th June 1933, I had a younger brother and sister, I grew up in Maryborough and attended Primary school 2828 and then on to secondary education at the Maryborough Technical College. When I finished school I gained an apprenticeship with Phelan's the local joinery factory. I have 3 children, 2 boys and 1 girl.

## Things you used to do for fun:

When growing up I used to go rabbiting, shooting and bike riding. I played tennis enjoyed going to the dances around the district and regularly attending the local picture theatre.

## About where you have lived:

I have lived in Maryborough, Colac, Ballarat, Melbourne - mostly in the Elsternwick area and at Red Lion, (suburb of Talbot.)

## Travel, sport, passions:

I travelled by train to Queensland, flown to Western Australia and also drove across, up to Broken Hill and along the Great Ocean road. I am interested in sport - the football and played many a game of tennis.

## Things you enjoy to do now:

I like to attend activities of my choice here at Havilah, I enjoy playing marbowls, doing chairbics, and going on the bus outings to various destinations with co-residents. I sit and watch the TV in the common lounge areas taking interest in the sport and news and chatting away with others and having visits from wife Jenny and family.



## Your favourite topics:

I enjoy discussing the football and tennis and talking about my family - I have much pleasure when they visit as they are spread far and wide.

## Favourite Food and Music:

My favourite music would have to be Jazz, I enjoy all food but do look forward to a plain bowl of fruit and icecream. I also indulge in chocolate, these days its sugar free and also have a stubby before tea each night.

## October 2019

	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Falls Prevention

Be active everyday, - go for a walk with a friend.  
 Consider participating in exercises classes.  
 Wear comfortable, firm fitting shoes with a low heel,  
 laces, buckles or Velcro fasteners.



\$10.00

### HAVILAH HAIRDRESSER



Clipper Haircuts  
 \$10.00  
 Mens Haircuts  
 \$20.00  
 Wash & Dry

Ladies Trims \$25.00  
 Ladies Sets \$25.00  
 Blow Wave \$25.00  
 Your Colour & Blow Wave \$60.00  
 Hair Colour & Blow Wave \$80.00

**Refrigerators in Residents Rooms:** Please date any food and drinks placed in resident personal fridges where these items do not include a use by date. Where items are more than 2 days old these should be removed to decrease any form of bacteria that can form. Please also be reminded that it is the resident/family responsibility to defrost and clean personal fridges.

For residents bringing in fridges (or other electrical items) please let reception know so that test and tagging of the items can be arranged.



### RESIDENT SURVEY - July 2019



#### Of the 40 residents surveyed at Harkness:

100% of residents surveyed indicated that if they are a bit sad or worried, there are staff here they can talk to most of the time or always.

97.5% of surveyed residents said most of the time or always their medication is provided in a timely manner.

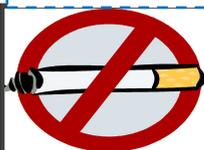
97.5% of residents surveyed agreed or strongly agreed that their room is cleaned to their satisfaction.

97.5% of surveyed residents agreed or strongly agreed that they are offered or have access to morning and afternoon tea each day.

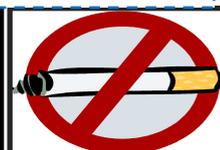
### Invitation to read your Care Plan and take part in your Care Plan Review

Every resident has a comprehensive care plan developed to ensure all care needs are documented for staff's information. This way staff can provide consistent care and services in accordance with your assessed need and the choices you make.. Our staff speak to you and/or your representative in developing your care plan initially and in the ongoing periodic review of your plan. We ask

you for your direction in relation to involvement in the care plan review on entry. Your involvement can either be in person or by telephone. We wish all residents and/or representatives to feel they are consulted about changes made to care in response to assessed needs. We also make changes as per your individual choices and requests. You are invited to talk to staff at any time should your needs or wishes change.



**ALL HAVILAH SITES ARE NON SMOKING SITES.  
 PLEASE RESPECT THIS FOR THE SAFETY OF  
 RESIDENTS AND STAFF.**





The conversations of life

## Australian laws you will never believe

Lauren Broomham on September 13, 2019

There are some odd laws out there but there are some even 'odder' ones I bet you didn't know exist.

For instance, did you know that if you ride up to your local pub on a horse the pub owner is obliged by law to stable, water and feed your horse while you go in for pint.

Some laws make sense at the time they are enacted but as society changes they might not fit with the current times. Below are eight of some of the weirdest Australian laws that still exist today.

1. When in drought don't try to make man-made rain clouds

Apparently Victoria doesn't want people taking the weather into their own hands. Under the Rain Making Control Act of 1967 it's against the law to make rain clouds.

2. Gold Coast bikinis must not exceed more than six square inches of material

If you want to show a little more flesh than what is allowed on Brighton Beach, try going to the Gold Coast.

3. Only qualified electricians can change a light bulb in Victoria.

Electricians could make a nice little side income if everyone followed this law in Victoria.

4. Stay away from a house frequented by thieves. It

could get you in trouble with police in Victoria.

As the old saying goes you are judged by the company you keep. According to the Vagrancy Act of 1966, the penalty for being near or inside a house used by thieves is one year imprisonment.

5. When there is no urinal nearby you are allowed to urinate on the rear left tyre of your vehicle

6. Fortune telling is against the law

You'd better think twice the next time you want to go and get your palm read. Under Sect 13 of the Vagrancy Act 1966, any person who pretends or professes to tell fortunes using palmistry or any other kind of witchcraft to discover the location of lost or stolen goods may be found guilty of an offence.

7. Don't wear hot pink pants after 12pm on Sundays

Just in case you wanted to time warp back to the seventies forget it. According to Victorian law you can wear hot pink pants Monday to Saturday, but not Sundays.

8. It's against the law to touch electric wires that cause death

According to this law it's ok to get a bit singed by electric wires just make sure they don't electrocute you to death. Otherwise you could get fined \$200.

Only in Australia.





There was this preacher who was an avid golfer. Every chance he could get, he could be found on the golf course swinging away. It was an obsession. One Sunday was a picture perfect day for golfing. The sun was out, no clouds in the sky, and the temperature was just right. The preacher was in a quandary as to what to do, and shortly, the urge to play golf overcame him. He called an assistant to tell him that he was sick and could not do church, packed the car up, and drove three hours to a golf course where no one would recognize him. Happily, he began to play the course. An angel up above was watching

the preacher and was quite perturbed. He went to God and said, "Look at the preacher. He should be punished for what he is doing." God nodded in agreement. The preacher teed up on the first hole. He swung at the ball, and it sailed effortlessly through the air and landed right in the cup three hundred and fifty yards away. A picture perfect hole-in-one. He was amazed and excited. The angel was a little shocked. He turned to God and said, "Begging Your pardon, but I thought you were going to punish him." God smiled. "Think about it -- who can he tell"



A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. 'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when

you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!' The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?' The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'

A guy goes into a restaurant wearing a shirt open at the collar and is met by a bouncer who tells him he must wear a necktie to gain admission. So the guy goes out to his car and he looks around for a necktie and discovers that he just doesn't have one. He sees a set of jumper cables in his trunk. In desper-

ation he ties these around his neck, manages to fashion a fairly acceptable looking knot and lets the ends dangle free. He goes back to the restaurant and the bouncer carefully looks him over for a few minutes and then says, "Well, OK, I guess you can come in - just don't start anything."

The Central Highlands Library service visits Harkness Street every second Friday in the month.

Come and talk to Kerry the Librarian who will help you find the book you are after.

There is a great range of books to select from and if there is something that you specifically want they can arrange this for you on the next visit.

The mobile Library is set up in Grevillea Atrium from 10.15am - 11.15am.



### FROM THE KITCHEN :

The menu for each day is displayed on the dining tables. If residents do not wish to have the 'First Choice' for lunch please notify the catering staff that you would like the 'Second Choice' shown on the menu. The first and second choice change every day. There are also choices listed for soft and pureed diets including sweets. Just in case you do not like either choice offered there are additional alternatives available every day and these are listed on the menu. Please advise kitchen staff at breakfast or up to 10.00am if you would like one of the Lunch alternates rather than what is being offered as first or second choice. For those who have breakfast in your room the daily menu is included on your breakfast tray. Please inform the care staff of your choices for the day.

At tea time there is a selection of two soups, two mains and two sweets on the menu.

**Additional tea time alternatives each day are** - Salads, raisin toast and sandwiches. Please advise the kitchen prior to 3pm if you would like one of these alternate choices.

***So that staff can have your meal ready for you at mealtime please take special note of the times for ordering of alternate meals, therefore at breakfast or by 10 a.m. for lunch and by 3pm for tea.***

**For breakfast** residents may have whatever cereals and breads they wish. Please notify the kitchen who will arrange to get this in if it is not held as normal stock.

### MEALS FOR FAMILY MEMBERS AND GUESTS.

We welcome resident guests for meals at a cost of **\$8.00** per head for all meals, with exception for special occasions, eg Christmas Day, Mothers Day when special prices are set. Guests can attend at Happy Hour, Special Morning Tea on Tuesdays and Sunday Devonshire afternoon tea without charge. Tea and coffee making facilities and biscuits are on hand in the kitchenettes for residents and visitors.

Please advise the relevant kitchen prior to 10.00am by phoning the : Main Kitchen Harkness Street. 5461 7388 Heath House Kitchen. 5461 7482

When booking meals for more than 5 people, please notify the kitchen the day before.

### REPORTING FOOD BROUGHT IN FOR RESIDENTS

As all food prepared by Havilah is closely monitored under the Food Safety Standards it is a requirement that **All food brought in to Havilah** by residents or their families/visitors must be reported. There is a register available in each Foyer and in the Kitchen for you to record this. Food put in the fridges must have the resident's name and the date clearly marked. Your assistance with this is appreciated.

If there is food that you enjoy that you would like to see on the menu you can discuss this with Food Services Manager Di Jackson or alternatively fill out a form and place in the Suggestion Box.

**If you want to make a comment, suggestion, complaint or compliment but are unsure how to go about this , please ask a staff member to assist you.**

**Emailing the Havachat** If you provide us with your email address, we can email your Havachat to you. Please email your details to [andrew.earl@havilah.org.au](mailto:andrew.earl@havilah.org.au).

## CONTACTING STAFF

You can contact staff by using your **room phone** **In the main building Ring 394 In Heath House Ring 626.** In Melaleuca House Ring **627.** The call system is for emergency calls so where possible for other than emergency issues please use your telephone to contact staff. This will ensure prompt action when you are in an emergency situation. There are call points in public areas for residents and family members to use when requiring staff attendance. Please familiarise yourself with the position of these call points.

Wall phones are installed in the lounge areas at Heath House at the nurses station in Grevillea to

provide greater accessibility to staff for families. Please make use of these 'phones as needed

FOR FAMILIES ringing from outside Havilah to speak to staff in **Heath House** please call **54617481**, FOR FAMILIES ringing from outside Havilah to speak to staff in **Melaleuca House** please call the nurses station on **54617495**, if there is no answer the call will be diverted to staff on the floor.  
**For all other areas of Havilah dial 54617300** and follow the prompts.

**For 24 hour EMERGENCY CONTACT telephone 54617394**

**FEEDBACK** Residents and families are encouraged to communicate any issues they may have. We welcome feedback from residents, families and visitors and provide the 'Comment, Suggestion, Complaint and Compliment' forms at the main Havilah entrances. We strive to continuously improve our service and look forward to working with you to achieve the best possible outcomes for residents. You can also speak to the Unit Manager or Supervisor in your area or alternatively please contact

**Director of Care Kelsey Hooper**  
**54 617383 email:**

**kelsey.hooper@havilah.org.au**  
**or CEO Barb Duffin 54617381 OR**  
**0429617380 email:**

**barb.duffin@havilah.org.au**

**External Complaints** through the Aged Care Quality and Safety Commission: 1800 951 822

**Elders Rights Advocacy (ERA):** 1800 700 600  
Email: era@era.asn.au www.era.asn.au

*ERA is a member of OPAN the Older Persons Advocacy Network, delivering the National Aged Care Advocacy Program, an Australian Government Initiative providing advocacy services to recipients of Australian Government Aged Care Services.*

## GENERAL ENQUIRIES

For any general enquiries: Families or residents can contact Havilah 24 hours a day, 7 days a week on Email: [mail@havilah.org.au](mailto:mail@havilah.org.au) or Telephone: 54617387. Leave a message if it is out of office hours and staff will get back to you as soon as possible.  
**Residents can contact reception by simply pressing the numbers 387 on room phones.**

## ADMINISTRATION OFFICE HOURS

MON-FRI 9.00 am—4.00 pm for account payments and enquiries

Postal Address: Havilah Hostel 11 Harkness Street, Maryborough Vic 3465

## TO CONTACT THE KITCHEN

Main Kitchen **54617388** Internal Dial **388**  
Heath Kitchen **54617482** Internal Dial **482**

**For 24 hour EMERGENCY CONTACT telephone 54617394**

## WHEN THE FIRE ALARM SOUNDS

Please remain where you are and wait for staff to instruct you on evacuation. If you can see the fire you should move away from the immediate area and wait for instruction from staff. If the fire is in your room you should leave the room and close the door behind you. Havilah is a very safe facility and has many measures in place to stop the spread of fire and smoke and to provide for safe evacuation in the case of a fire – this

includes fire and smoke compartments, and sprinklers and smoke alarms. Should evacuation be required only residents in the affected compartment would be affected In the first instance. The fire alarm automatically alarms to the brigade who are here within minutes.  
**YOU WILL BE KEPT INFORMED BY STAFF AND THROUGH THE PUBLIC ADDRESS SYSTEM.**



**RETIREMENT LIVING RESIDENTS ARE WELCOME TO ATTEND ACTIVITIES OVER BOTH SITES** Please contact Kim Davidson for Havilah on Palmerston and Raglan House  
Phone: 5459 0169 OR  
Sue Edmondson 54617390 for Harkness Street

<b>HAVILAH AT HARKNESS</b>	
<b>INDOOR BOWLS</b>	Each WEDNESDAY 1.30 pm
<b>MOVIES AT HARKNESS</b>	Check out the NOW SHOWING in the Grevillea Theatre
<b>CARDS (show Poker)</b>	Each TUESDAY 3.15 PM in Callistemon
<b>STRENGTH EXERCISES</b>	Each WEDNESDAY 11.15 am in Callistemon
<b>HAPPY HOUR</b>	Each FRIDAY 4.30 pm in the Main Lounge
<b>WEEKEND ACTIVITIES</b> <b>BINGO</b> <b>MARBOWLS</b>	Each SATURDAY at 1.30 pm Alternate SATURDAYS 10.30 a.m. Correa Lounge
<b>MELBOURNE CUP CELEBRATIONS</b>	<b>Tuesday November 5th</b> <b>Special Luncheon and afternoon activities</b>
<b>HAVILAH ON PALMERSTON</b>	
 <b>time to talk</b>	2nd WEDNESDAY of the month 10.00AM START Great chance for the men to get together and chat about secrets men's business, first floor Raglan House.
<b>TAI CHI AT PALMERSTON</b> Room 7 High School Centre	Each MONDAY and WEDNESDAY 10.30 - 11.30
<b>STRENGTH EXERCISES</b>	Each MONDAY at 2.30 pm at Raglan House
<b>HAPPY HOUR</b> Rooms 1 & 2 High School Centre	Each FRIDAY 5.00 pm